

Abstract of the Disclosure

A vibration and displacement damper includes a plunger piston (10) sliding with a slight clearance inside a guiding cylinder (20). The plunger piston includes over a part of its length a piston ring (12) sliding inside a main chamber (13) provided in the cylinder, the ring including calibrated through-orifices (14) for a high-viscosity fluid filling the chamber on both sides of the ring. The device is intended to damp vibrations and displacements, in particular of cable stays.